



BROWN RICE WITH SIZZLING CHICKEN AND VEGETABLES

Rice bowls with vegetables and chicken, popular at many restaurants, are appealing to children and adults, alike. And they're simple to prepare at home.

Preparation time: 30 minutes, excluding rice preparation
Serves: 4

INGREDIENTS:

- 3 cups hot cooked brown rice
- 3 tbsp low-sodium soy sauce
- ¼ cup water
- 1 tbsp honey
- 1 tbsp cornstarch
- 1 ½ tbsp canola or corn oil
- 1 lb boneless chicken breast, cut into 1-inch cubes
- 2 cloves garlic, minced
- 1 small white onion, cut into small wedges (about 1/8-inch thick)
- 3 medium carrots, peeled and thinly sliced diagonally (1 cup total)
- 1 ½ cups small broccoli florets
- 1 medium red bell pepper, cut into 1-inch pieces

DIRECTIONS:

1. Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
2. Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minute until garlic is golden.
3. Add chicken; cook about 5-6 minutes, then push chicken to the side.
4. Add onions to center of skillet; cook until slightly tender and push to the side.
5. Continue with carrots, broccoli, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
6. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens.
7. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.



Food Group Amounts

Dairy	--
Fruits	--
Vegetables	1 cup
Grains	1½ cups
Protein	3 oz

Nutrition Facts

Serving Size 418 g	
Amount Per Serving	
Calories 410	Calories from Fat 90
%Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 580mg	24%
Total Carbohydrate 49g	16%
Dietary Fiber 6g	24%
Sugars 9g	
Protein 30g	
Vitamin A 190%	Vitamin C 110%
Calcium 6%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Serving Suggestions:

Serve with an 8 oz glass of non-fat milk.

Recipe Submitted by Produce For Better Health Foundation



United States
Department of
Agriculture

March 2013
Center for Nutrition Policy and Promotion

